

Points to remember:



Test your carrier's construction regularly: be sure there are no tears or loose seams and that all attachment points are secure.

Check your baby's position periodically using mirrors, windows, etc. Reposition her if necessary.

Remember that your center of gravity and profile are different when wearing your baby. Be mindful of your baby's head and body when going through doorways, and be cautious with your balance on slippery or uneven surfaces.

While being worn, your baby will get extra heat from your body.

Be careful not to overdress him in the summer, and in the winter, you won't need as many layers indoors. However, if your carrier is worn over your outerwear in the winter, he will need adequate cold weather clothing, as he won't have the benefit of your body heat. If you wear the carrier under your jacket, keep your baby's face clear -- do not zip your jacket over his face.

Your baby will be able to reach things she otherwise wouldn't, particularly if she is on your back. Be cautious around items that could be harmful to her.

When trying a new carrier:

Use a doll or a bag of flour (in a sealed bag) to practice before you try it out with your baby. Practicing builds muscle memory, and when you are more confident, you are more likely to succeed.

Babies and caregivers alike learn better when rested, fed, and comfortable. It's best not to wait until your baby is crying to try something new, because you'll both be stressed and frustrated.

Learn from an experienced babywearer whenever possible. There may be a professional babywearing educator near you. Additionally, Babywearing International, Attachment Parenting Intl., Holistic Moms Network, or La Leche League groups often include members who can help you with a new carrier or position.

When you are first learning to use a carrier, try it out over a soft surface like a bed or mat, in case your baby should happen to fall. A mirror is very helpful in achieving correct positioning.

Additional resources:

Please visit the BCIA at www.babycarrierindustryalliance.com/safetylinks/ for a list of safety instructions, handouts, studies, and suggestions for further information.



babywearing safety

BCIA

Baby Carrier Industry Alliance



Distributed by:

Baby Carrier Industry Alliance
PO Box 298
McKinney, TX 75070-9818

www.babycarrierindustryalliance.org

Babywearing keeps your baby Visible and Kissable!

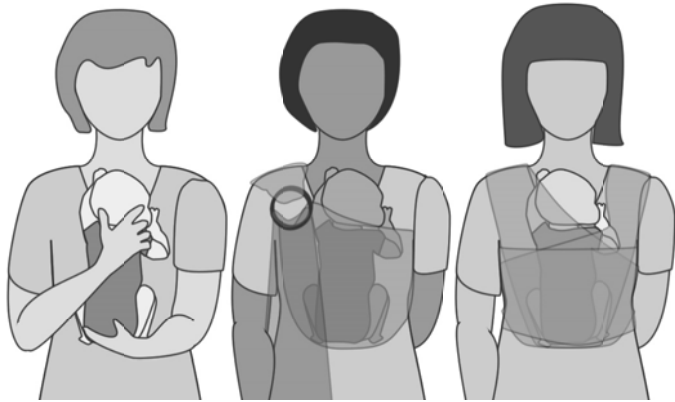


The practice of babywearing keeps babies in the safest place possible: a parent's arms, with baby's face visible to the carrying adult. Babies are vulnerable in their first four months of life.

They require constant supervision, which is why babywearing is critical to the well-being of infants.

Baby carriers are meant to mimic in-arms carrying positions.

In a carrier, your baby should be in the same position he would be in your arms: his head at your collarbone, and his bottom above your waist. Check your baby's position by embracing him after settling him into the carrier. His position should not shift significantly in your embrace; if it does, adjust the carrier until he is in an in-arms position.



When using any baby carrier, please keep the following safety tips in mind:

- Read and follow all manufacturer's instructions for use, and watch any provided DVDs or videos.
- Ensure you can see baby's face at all times. Do not let baby's face press into your body or clothing. Do not cover baby's face with a blanket, sling fabric, nursing covers, etc.
- Baby's head and neck must be gently and completely supported, with chin off chest. If baby's chin is pressed tightly to baby's chest, this can restrict baby's airway. Check to ensure you can slip your finger between baby's chin and chest to check for correct positioning.
- Consult an expert if your infant was born at a low birth weight, such as a preemie or twin; has low muscle tone past infancy; or if he or she has a respiratory illness or other breathing problems. Extra vigilance is required with these babies.
- Attend to and check on baby often, especially those under four months of age or those with a respiratory illness or condition.
- When considering an activity, remember that if you wouldn't do it while holding your baby in your arms, you shouldn't do it with your baby in a carrier. For example, don't drive with your baby in the carrier (that's what car seats are for), participate in sports, cook with your baby on your front or carrier tails hanging down, or go jogging or jumping.
- Always remember, your baby's safety is your responsibility. Whether she's in your arms, in a carseat or stroller, or in a baby carrier, be mindful of her position and breathing at all times. Baby carriers make all of that much easier!
- After nursing in a carrier, remove baby from breast and return baby to proper carrying position with head above the breasts and face free of fabric and turned away from the mother's body.

